



Body & Soul
health and fitness

Home Workouts Series

Program: Advanced (Supersets) #2

Before You Start

Before beginning your workout program, please consider the following:

- Perform only exercises that you are comfortable doing and preferably those that you have already done with your trainer in the studio
- Modify workouts as needed (reducing/increasing intensity) and stop an exercise if you feel pain
- Please take your time and be mindful of your body during each exercise. Use discretion and perform at your own risk.
- If you have questions or concerns, please contact us at contact@bodysoul.ca



Guidance - Cardio



- This is a great opportunity to improve your cardiovascular fitness. Walking, running or going for a bike ride at the right intensity (up to 80% of max capacity) and for the appropriate duration is a great way to stay active.
- Combined with one of our strength and flexibility programs, engaging in regular cardio activity will help you maintain your fitness. This will ensure you are ready to resume your regular training sessions when the studio re-opens.
- We recommend that you try to get in 30 minutes of cardio each day. This is especially important if you are spending most of your time at home, and not getting the cardiovascular benefits that you usually do from general activities (going to work, shopping, etc.). Increase this to 60 minutes 2-3 times per week if possible.

Guidance - Strength and Flexibility

We will be posting strength and flexibility workouts regularly on our website. If possible, complete the same number of workouts per week that you normally do with your trainer. Most people will make progress on their fitness goals by completing 2-3 workouts per week (alone or with your trainer).



1. Begin your workout with a brief (5-10 minute) warm-up followed by some dynamic stretching
2. Perform 10-15 reps (or enough that you are close to fatigue by the last rep) of the first exercise listed in the workout
3. For this workout, we have included supersets. Supersets are a form of strength training in which you move quickly from one exercise to a separate exercise without taking a break for rest in between (you can rest between each superset). There are four supersets in this workout:
 - Superset #1: Exercises #1-A and #1-B
 - Superset #2: Exercises #2-A and #2-B
 - Superset #3: Exercises #3-A and #3-B
 - Superset #3: Exercises #4-A and #4-B

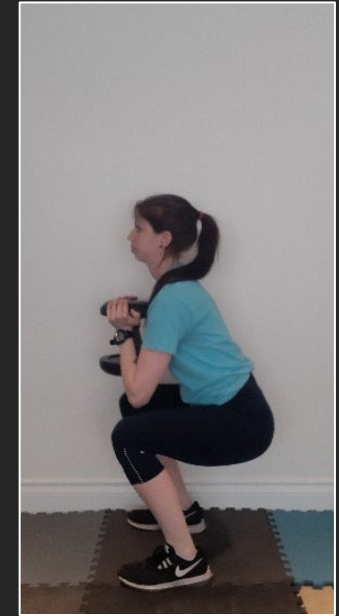
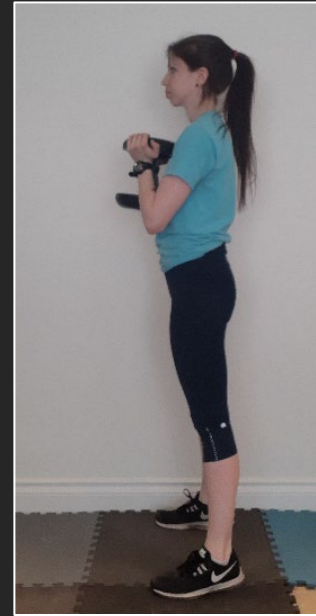
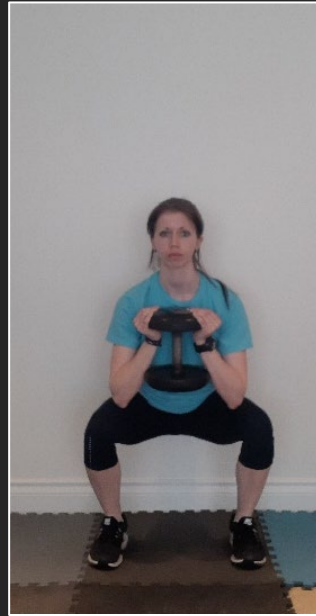
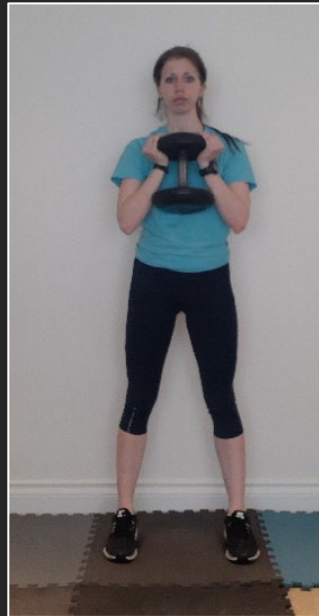
The workout provides directions to complete two rounds of each superset. If you want to push yourself – consider doing three rounds!

4. Spend 5-10 minutes to cool down and stretch (static stretches)

Exercise #1-A: Goblet Squat

Weight: dumbbell of your choosing Reps: 10-15 Level: intermediate - advanced Goal: legs and glutes

- Select a dumbbell (or object of your choosing) that is comfortable to hold and of a weight you can perform squats with – use your discretion
- Holding the dumbbell (or object) in a goblet position, come down into a squatting position
 - Maintain a lengthened spine throughout the movement
- Hold squat briefly before returning to start position



Exercise #1-B: Walking Lunge

Weight: n/a Reps: 10-15 (per side) Level: beginner - intermediate Goal: legs and glutes

- Stand upright with feet parallel
- Step forward with one leg, and lower the body towards the ground by bending both legs until back knee hovers just above the floor (or as low as you feel comfortable)
- Return to the upright position by pushing down on front heel, extending the front leg, and pushing the back foot off the floor
- When approaching upright, swing the back foot through without touching the ground, and immediately lunge forward
- Continue walking/lunging forward

** After completing exercise #1-B, take a short break and then repeat exercises 1-A and 1-B.**



Exercise #2-A: Single-arm Row

Weight: tubing Reps: 10-15 (per side) Level: beginner Goal: back

- With the tube secured in front of you at chest level, grab the handle and walk back to create tension
- In a stride stance (maintain tall posture), pull the handle toward your chest, squeezing your back muscles
- Hold for 2 seconds
- Return to starting position by extending arm back out
- Continue with the same arm for desired reps before alternating arms



* Tip: you can wrap the tube around the structure to shorten its length if needed

Exercise #2-B: Push-up Shoulder Taps

Weight: n/a Reps: 10-15 Level: intermediate - advanced Goal: full body

- Adopt a plank position supported with the feet and hands on the floor with the elbows extended (advance level)
 - Or adopt a kneeling plank position supported with the knees and hands on the floor with the elbows extended (moderate level)
- Keeping the legs and hips extended, lower the torso down by bending the elbows until the chest hovers just above the floor
- Push the torso away from the floor by fully extending the elbows
- Maintaining balance on one hand, tap your shoulder with the opposite hand and then alternate, tapping the other shoulder with the other hand
- Continue to perform a push-up and tapping your shoulders with the opposite hand

** After completing exercise #2-B, take a short break and then repeat exercises 2-A and 2-B.**



Exercise #3-A: Deadlift (single-leg)

Weight: n/a Reps: 10-15 (per side) Level: advanced Goal: hamstrings, glutes, low back and balance

- Stand upright on one leg, with the other leg hovering off the floor in back, and arms extended down at the side of the body
- Keeping the torso straight, and the hip and knee of the raised leg extended, pivot the free leg and torso around the supporting leg until they are parallel with the floor
- Maintain rigidity in the supporting leg
- During the pivot, raise both arms forward and up overhead so that they are in line with the torso and back leg
- Return to the upright position by engaging the glute and extending the hip of the supporting leg, and lowering the arms back down to the sides
- Continue with the same side for desired reps before alternating sides

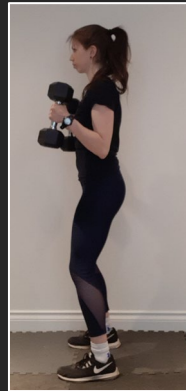
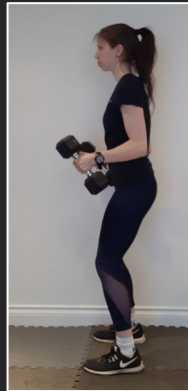
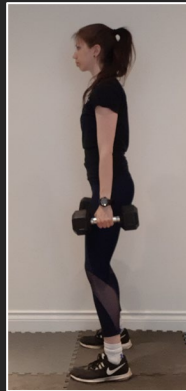


Exercise #3-B: Hammer Curls

Weight: dumbbells of your choosing Reps: 10-15 Level: beginner Goal: biceps and forearms

- Stand upright with feet hip-width apart – knees slightly bent
- Holding the dumbbells in a hammer grip, raise the dumbbells up towards your shoulders
 - Palms should continue to face in towards each other and elbows should point towards the floor throughout the movement
- Hold for 2 seconds
- Return to starting position by slowly lowering the dumbbells back towards the floor
- Repeat movement for desired reps

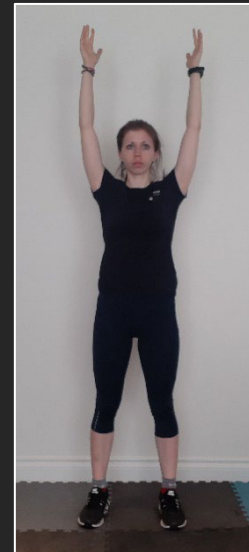
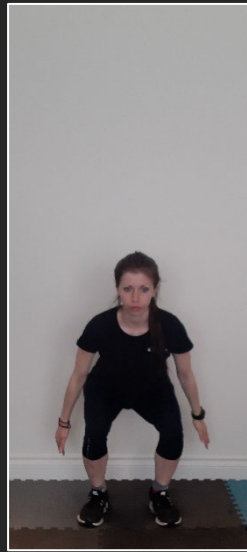
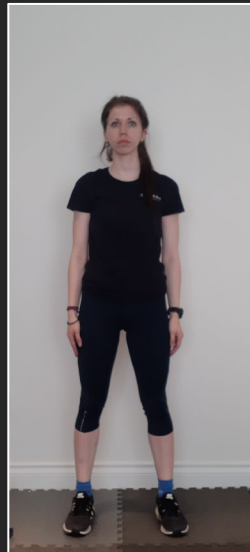
** After completing exercise #3-B, take a short break and then repeat exercises 3-A and 3-B.**



Exercise #4-A: Jump

Weight: n/a Reps: 10-15 Level: advanced (plyometric high intensity cardio) Goal: lower body

- Stand upright with the legs shoulder-width apart – arms at your side
- Push the hips back and move into a squatting position
- Jump straight up into the air – off both feet – by explosively extending the knees and hips, pushing off the toes (raise your arms overhead as you jump)
- Absorb the landing by bending the knees
- Minimize the time spent on the ground and move immediately into the next jump

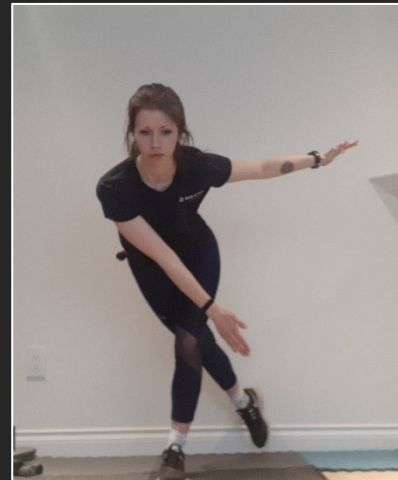


Exercise #4-B: Skater Bounds

Weight: n/a Reps: 30-60 seconds Level: intermediate Goal: legs, glutes and conditioning

- Perform a skating bounding motion side to side
- Maintain an athletic position throughout the exercise
- Continue alternating sides for 30-60 seconds

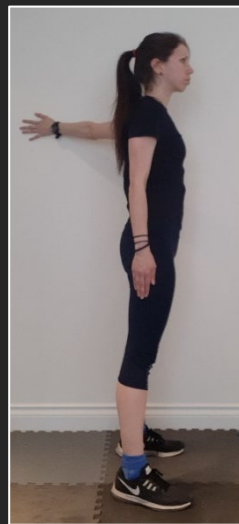
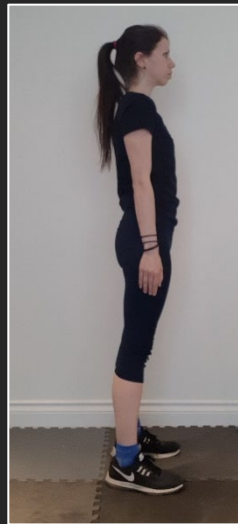
** After completing exercise #4-B, take a short break and then repeat exercises 4-A and 4-B.**



Exercise #5: Chest Reach

Weight: n/a Reps: n/a Level: n/a Goal: chest

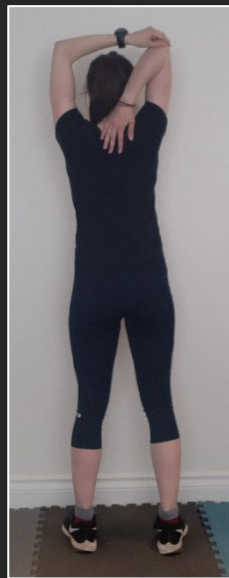
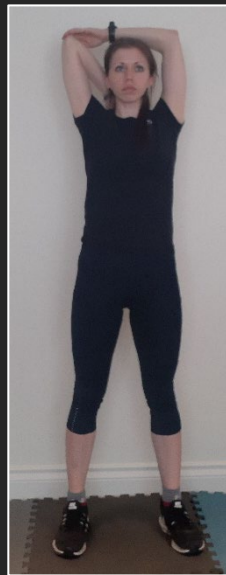
- Stand next to a wall with feet apart and the arms next to the body
- Raise the arm out to the side – at shoulder height
- Hold on to a stationary object (i.e. a door, cabinet or wall) and slowly rotate the upper body away from the hand
- Hold the stretch for 20-30 seconds
- Repeat with the other arm



Exercise #6: Triceps Stretch

Weight: n/a Reps: n/a Level: n/a Goal: triceps

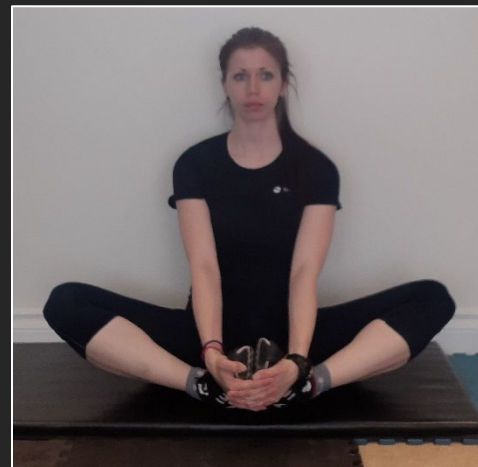
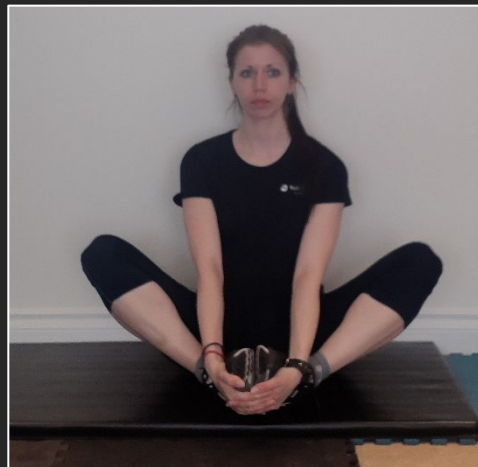
- Stand or sit tall
- Lift one arm above the head and bend the elbow, placing the hand between the shoulder blades
- Use the other hand to gently push the elbow back
- Hold the stretch for 20-30 seconds
- Repeat with the other arm



Exercise #7: Butterfly Stretch

Weight: n/a Reps: n/a Level: n/a Goal: hip adductors (inner thighs)

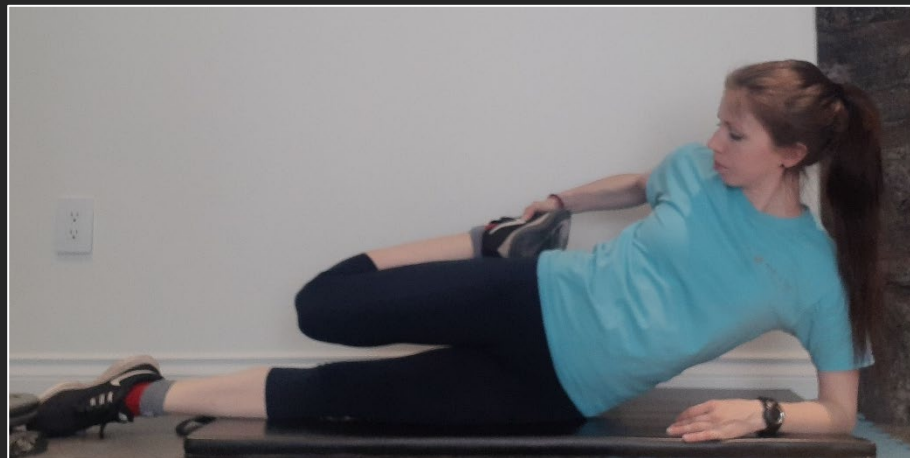
- In a seated position, bring the soles of your feet together – feet are approximately 1 foot from your groin
- Allow the knees to fall out to the side
- Holding your ankles, and maintaining a straight back, hinge forward (some clients may not need to hinge forward to feel the stretch)
- Hold the stretch for 20-30 seconds
- Release the ankles and return to seated position



Exercise #8: Lying Quad Stretch

Weight: n/a Reps: n/a Level: n/a Goal: quads

- Lie on your side
- Flex one knee and raise your heel toward your buttocks
- Grasp your raised ankle and pull the heel towards your buttocks
- Hold the stretch for 20-30 seconds
- Repeat with the other leg



Exercise #9: Thoracic Spine Rotation

Weight: n/a Reps: 6-10 (per side) Level: n/a Goal: T-spine mobilisation

- Lay on your side with both legs bent together – arms are also together
- Extend your arms out (one across the floor and one up and across the body)
- Follow the arm extending across the body with your eyes (moving your head to watch the hand)
- Hold briefly
- Continue on the same side for desired reps before alternating sides

